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USING DRY SKIM MILK

Dry skim milk is used in many households where fluid milk is difficult to obtain. It is also a convenience in any pantry as it will keep without refrigeration for several weeks in a tightly covered container and can be used to increase food value if added in powder form to other foods. If it is delivered in a specially prepared bag, the bag should be carefully closed after each use. Storage in a cool place, preferably a refrigerator, lengthens the keeping time.

Dry skim milk has practically the same food value as fresh skim milk. It provides protein, calcium, and other minerals, milk sugar, and vitamins B and G of milk. Only the water and fat, which contains nearly all the vitamin A, are removed from the whole milk in the preparation of dry skim milk.

When used in soups, gravies, sauces, beverages, and such dishes as scrambled eggs and custards, dry skim milk is mixed with water and used exactly as fresh skim milk. For convenient household management, use a cup of dry skim milk for each quart of water. To increase food value, use more milk or less water. Sprinkle the dry milk on cold or warm (but never hot) water and beat until the powder dissolves. The liquid milk sours as does fresh milk but it can be used in the same ways as other sour milk.

When dry skim milk is added to other foods, their nutritive value is considerably increased. For instance, cookies, breakfast cereals, and puddings can be greatly enriched by mixing generous quantities of the dry skim-milk powder with the other dry ingredients. If large enough amounts of dry skim milk are used in these ways, the foods containing it will be richer in milk solids than those made with fluid milk.

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